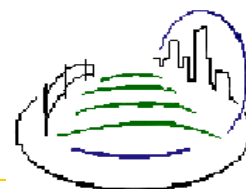


THE FOOD AND NUTRITION SUMMER INSTITUTE NEWSLETTER

Vol. 2 Issue 3
Spring 2001



Getting Settled in Zimbabwe

Several full weeks have past since I arrived in Harare, Zimbabwe on January 14. My son, Jeremy, and I are settled in an apartment walking distance from the campus of the University of Zimbabwe. Our first two weeks we rode taxi's everywhere. By the third week, I was able to rent a car from a local Zimbabwean and thank goodness we are mobile and free to go as we please.

Harare is like any metropolitan city. There are skyscrapers, parks, restaurants, museums, public libraries, various neighborhoods, an inner city and suburbs. The traffic, however, involves cars, trucks, bikes, and lots of people walking. New lessons for me have been learning that a traffic light is called a "robot" and getting used to driving on the left side!!

Every morning during the week I drop Jeremy off at the Harare International School where he is in the 9th grade. So far it's been a pretty smooth transition because the school follows an American system. More importantly in Jeremy's opinion was the fact that he got on the basketball team and is a star player.

As for me I'm teaching nutrition in the Department of Technical Education at the University of Zimbabwe. This department

offers a bachelor's degree to teachers who've taught mostly high school for 3 years. The teachers go on leave from work and attend a fairly intense two-year academic program. For example, I'll be team teaching a 10-hour course!!

The University of Zimbabwe reminds me of a campus in the South. It's spread out and full of trees, plants and fields of green. The flora and fauna on campus and in Zimbabwe period are ten times that at home. A 5 foot crape myrtle tree at home will appear to 50 feet here.

My first impressions of Zimbabwean people are that they are a little formal and in some ways very British. Tea with milk and sugar is served every day around 10:30 a.m. and it doesn't matter where you're at on campus. If I'm at the Computer Center, they set up a table with teacups (no styrofoam) in the hallway! It's amazing to see. Even with the formality people are very friendly and extremely helpful. I believe Jeremy and I are in for quite a few adventures and will truly meet life long friends during our stay in Zimbabwe.

More to come in the months ahead. Next week we're off to Vic (Victoria) Falls for the weekend.

- Ellen Harris -

Travelers' Information for Ghana

Many of you will be joining us in Accra, Ghana for the 2001 Food & Nutrition Summer Institute. To ensure a safe and healthy trip to and from Ghana, please read and follow the following tips for travel.

Food and waterborne diseases are the number one cause of illness in travelers.

Travelers' diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout the region and can contaminate food or water. Infections may cause diarrhea and vomiting, fever, or liver damage. Make sure your food and drinking water are safe.

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Calendar & Events

The Food & Nutrition Summer Institute



July 15-25
Accra, Ghana



"Two small antelopes
can beat a big one"
ASHANTI OF GHANA

Healthy Eating Recipes

Roll Call

Alabama A&M University
 Alcorn State University
 Howard University
 Langston University
 Morgan State University
 Oakwood College
 Prairie View A&M University
 South Carolina State University
 Southern University
 Tuskegee University
 Univ. of Arkansas at Pine Bluff
 Univ. of Maryland Eastern Shore
 Virginia State University

Will your University be represented at 2001 Food & Nutrition Summer Institute in Accra, Ghana?

In harmony with our fast approaching Summer Institute, here is a delicious recipe from Ghana to add to your cookbooks.



AKOTONSHI (STUFFED CRABS)

2 lbs crab meat
 1 tsp salt
 1-1 inch piece of fresh ginger
 4-6 cloves
 4 tbsp cooking oil
 1 small onion, minced
 1 tsp ground ginger
 2 tomatoes, finely chopped
 1 tbsp tomato paste
 2 green bell peppers, finely chopped
 pinch of paprika
 1 tsp cayenne pepper
 1 tbsp dried shrimp [available in Oriental food shops]
 1/2 cup whole-wheat bread crumbs
 1 egg, hard-boiled and finely chopped
 1 sprig parsley

Put crab meat in boiling salted water along with ginger piece and cloves. Cook about 15 minutes, until meat is tender enough to flake with a fork. Drain, flake and set aside. In a heavy pot, heat oil to a moderate temperature and add other ingredients in the following sequence, stirring for a minute or so between each: onions, ground ginger, tomatoes, tomato paste, green pepper, paprika, cayenne, and dried shrimp. Reduce heat and simmer for 4-5 minutes, stirring constantly, until vegetables are cooked. Add crab meat and stir another couple of minutes to heat it through. Then spoon the mixture into clean crab shells or ramekins (small individual baking dishes). Sprinkle bread crumbs on top of each crab and toast under an oven broiler, being careful not to let the crumbs scorch. Garnish with egg and parsley. makes 16, to serve 6-8

Recipe from African News Cookbook: African Cooking for Western Kitchens

Profile on Ghana

Until its independence from British colonial rule on March 6, 1957 Ghana was called the "Gold Coast", a name given it by early Portuguese explorers who first set foot on the shores of the country in the fifteenth century. The name aptly described the country's wealth in gold and natural resources.

Location Ghana is located on the west coast of Africa, about 750 km north of the equator on the Gulf of Guinea. The capital, Accra, is on the Greenwich meridian (zero line of longitude).

Climate Ghana has a tropical climate, characterized most of the year by moderate temperatures (generally 21-32 ° C (70-90 ° F)), constant breezes and sunshine. There are two rainy seasons, from March to July and from September to October, separated by a short dry season in August and a relatively long dry season in the south from mid-October to March.

Population The population of Ghana is 18.5 million (1998 estimate), with 45 per cent under 15 years of age. The country has on average a population density of about 52 persons per square kilometer. With an annual growth rate of 3.2 per cent, Ghana's population may reach over 19 million by the year 2000. Most of the population is concentrated in the southern part of the country, with the highest densities occurring in urban areas and cocoa-producing areas.

Education There are numerous grammar, secondary, basic,

commercial, technical and vocational educational institutions throughout Ghana. There are four universities: University of Ghana at Legon and Accra, the University of Cape Coast, the University of Science and Technology at Kumasi and the University of Development Studies-at Tamale, as well as one University College of Education at Winneba. In addition, there are numerous specialized tertiary institutions in the country. A functional literacy program has recently been initiated in Ghana, targeting illiterate adults

Health Ghana has a reasonably good health service. All regional capitals and most districts have hospitals and clinics, and two teaching hospitals in Accra and Kumasi have facilities for treating special cases. Additionally, a number of religious organizations and private medical practitioners operate hospitals and clinics all over the country. Herbal medicine and psychic healing are also generally practiced, and there is a special government Herbal Medicine Hospital and Research Center at Akwapim-Mampong.

Constitution and government In 1992, after 11 years of military rule, the Provisional National Defense Council (PNDC), handed over administration of the country to an elected government with constitutional rule and a multi-party parliamentary system. This development has revealed broad support by political parties for continuing economic reforms, placing greater emphasis on commitment to private sector development. The change of government has significantly bolstered international interest in Ghana.

Traveler Information for Ghana (cont.)

(Continued from page 1)

Malaria is a preventable infection that can be fatal if left untreated. Prevent infection by taking prescription anti-malarial drugs and protecting yourself against mosquito bites. Most travelers going to malaria risk areas in this region should take mefloquine to prevent malaria. Yellow fever vaccination is recommended and may be required for entry into certain of these countries.

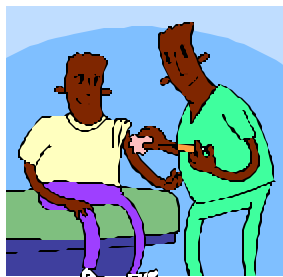
CDC Recommends the Following Vaccines (as Appropriate for Age):

See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.

Meningococcal meningitis: for travel to most of these countries from December through June.

Typhoid: particularly if you are visiting developing countries in this region.

As needed, booster doses for tetanus-diphtheria, measles, and a one-time dose of polio vaccine for adults.



To Stay Healthy:

- Wash hands often with soap and water.
- Don't eat dairy products unless you know they have been pasteurized.
- Don't swim in fresh water. Salt water is usually safer.
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: boil it, cook it, peel it, or forget it.
- Take your malaria prevention medication before, during, and after travel, as directed.
- Protect yourself from insects by remaining in well-screened areas, using repellents (applied sparingly at 4-hour intervals) and permethrin-impregnated mosquito nets, and wearing long-sleeved shirts and long pants from dusk through dawn.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.

What You Need To Bring with You:

- Long-sleeved shirt and long pants to wear while outside whenever possible, to prevent illnesses carried by insects.
- Insect repellent containing DEET (diethylmethyltoluamide), in 30%–35% strength for adults and 6%–10% for children.
- Over-the-counter anti-diarrhea medicine to take if you have diarrhea.
- Iodine tablets and water filters to purify water if bottled water is not available.

- Sunblock, sunglasses, hat.
- Prescription medications: make sure you have enough to last during your trip, as well as a copy of the prescription (s).

After You Return Home:

- If you have visited an area where there is risk for malaria, continue malaria medication weekly for 4 weeks after you leave the area.
- If you become ill after your trip—even as long as a year after you return—tell your doctor where you have traveled.

For More Information:

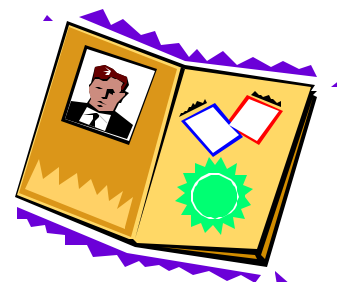
Ask your doctor or check the CDC web sites for more information about how to protect yourself against diseases that occur in West Africa.

Passport & Visa Requirements:

Type of Visa

The types of visas most commonly issued by the Mission are: (I) Diplomatic/Official, (II) Business, (III) Tourist and (IV) Student Visa.

At Least Three (3) working days are required for title processing of a visa. Applicants are, therefore required to deposit their passports, together with the completed relevant application forms, well ahead of title time they propose to travel in order to avoid embarrassment. A tourist visa is valid up to 30 days or more and it can be extended upon application to the Chief Immigration Officer in Ghana.



Yellow Fever Vaccination: In accordance with international sanitary regulations, all persons entering Ghana are requested to have a valid certificate of **IMMUNIZATION AGAINST YELLOW FEVER**.

Links for more information on passports & health requirements for Ghana go to:

www.ghana-embassy.org

[Http://travel.state.gov/passport_easy.html](http://travel.state.gov/passport_easy.html)

Food & Nutrition Summer Institute Unsung Hero

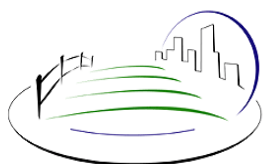
North Carolina Central University would like to nominate Dr. Beverly Bryant for the Food & Nutrition Summer Institute's Unsung Hero. Dr. Beverly Bryant, a native of Hawthorne, Florida received her B.S. degree in Food Administration in 1969, completed the Dietetic Internship in 1970 at John A. Andrews Hospital, and received the M.S. degree in Nutritional Sciences from Tuskegee, Alabama. In 1976 she received the Ed.D. degree in Vocational Education with minors in Higher Education Administration and Adult Education. She holds a Superintendent - Principal Certificate and is certified to teach science at the secondary level. She is also a certified Family and Consumer Scientist and a staff development trainer and consultant.

As chairman of the Department of Human Sciences at North Carolina Central University since 1977, excellence and professionalism have permeated everything she has touched. Her visionary leadership has allowed her to work with a dedicated faculty to develop innovative academic and community outreach programs that are responsive to current trends and prepare students for competitive jobs in our changing global society.

As a pioneer for excellence, she has shared her broad knowledge and experience with students and the public through her research, publications, and extensive outreach activities. She is an active member of many professional organizations that work to enhance the quality of life for individuals and families.

A few of her major accomplishments during her leadership and tenure as Chairman of the Department of Human Sciences from 1977- 98 include:

- Accreditation of the Dietetic Internship in 1995 and approval of the didactic program in dietetics in 1982 by the American Dietetic Association
- Accreditation of the Child Development Laboratory by the National Association for the Education of Young Children in 1996
- The development and approval of the Birth through Kindergarten Teacher Education Program (B-K) in 1997
- Obtaining external funding totaling over 3 million dollars for training, research and demonstration grants/contracts (1978-98)
- Increasing graduate student enrollment from 3 students in 1977 to 90 students in 1998
- Graduating the highest number of Master of Science students (21) in 1995
- Implementing Nutrition Institutes in North Carolina, South Carolina, Alabama, Mississippi, Tennessee, Kentucky, Georgia, and Louisiana (1995-1998)
- Establishing the Child Development Associate (CDA) Credential Program 1992
- Offering Nutrition Training through distance education, 1998



THE Food & Nutrition
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